



Franklin Special School District Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Franklin Special School District.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Franklin Special School District that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved include wellness; outside food policy and no unhealthy fundraisers
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$ 267,909. Since its inception, CSH has received grant and in-kind funding in the amount of \$479,759.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Williamson County Parks and Recreation | ➤ Yong In Martial Arts Academy |
| ➤ Williamson Medical Center | ➤ Franklin Family YMCA |
| ➤ Family Resource Center | ➤ Fowler Orthodontics |
| ➤ TnCep | ➤ Williamson Medical Center |
| ➤ Red Cross | ➤ Franklin Taekwondo |
| ➤ Pro Health | ➤ American Heart Association |
| ➤ United Way | ➤ Mercy Children's Clinic |
| ➤ Publix | ➤ Chirocare Wellness |
| ➤ D1 Sports | ➤ Mason Chiropractic |
| ➤ WAKM Radio | ➤ ASEA Water Company |
| ➤ Curves | ➤ American Cancer Society |
| ➤ Weight Watchers | ➤ American Arthritis Foundation |
| ➤ Health Council | ➤ Half MoonYoga |
| ➤ Health Department | ➤ Yoga Country |
| ➤ Graceworks | ➤ Chadwick's Fitness |
| ➤ Eating Disorders of TN Coalition | ➤ ChickFila |
| ➤ Franklin Police Department | ➤ Smoothie King |
| ➤ Pediatric Dental Care Clinic | ➤ Publix |
| | ➤ United Way |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Healthy School Teams, Safety Teams, Walk Across Williamson, assist nurses with some health screenings, i.e. Mile Run, and health and wellness fairs. Currently, 1974 parents are collaborating with CSH

Approximately 2494 students have been engaged in CSH activities such as: Walk Across Williamson, county wide walking event, STARS, Students Taking a Right Stand, student councils, providing healthy food drives, Walking Club at MAC summer and after school, Walking Clubs at 6 schools, "We Can" curriculum and cooking classes, Student Council programs on anti drug, bully prevention and school wide positive behavior support, Festival of Movement, health fair presentations and activities, Climb to the Peak, and the backpack program. Many of these students are in several groups.

School Health Interventions

Since CSH has been active in the Franklin Special School District the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,995 screened and 22 referred;

28,468 students have been seen by a school nurse and 26,138 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. (62% in 2009-10 healthy weight to an improved 65% healthy weight 2010-11);

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: mini grants that supported physical education and health curriculum expenses, exercise and physical education equipment, upgrades to their DDR, pedometers, DVDs for health educator, health oriented newsletter for elementary and middle school students, supplies for health education class, supplies for health demonstrations, e.g. hand washing for elementary students, glo germ and mini black lights, WiiSports updates, sports equipment for summer MAC's Healthy Living component;

Professional development has been provided to counselors, physical education teachers, and nurses. There have been several professional development opportunities provided by staff members of FSSD for staff this year. Among them are a district wide CPR certification class for the district Leadership Team, mini classes on asthma, diabetes, effects of high blood pressure, 'the silent killer' upon the heart, and all nurses have taken the NIMS emergency response course for schools. Additional presentations for teachers on bullying and positive behavior support are ongoing and will be continued in the summer 2011.

School faculty and staff have received support for their own well-being. FSSD continues to partner with our area Parks and Recreation Center which offers free admission to all their health facilities to employees. They have provided 50 one-day passes we have used as incentives for parents and families who participate in various healthy lifestyle activities in the district. The Health Department and the local hospital provide talks of interest to staff members based upon their request, determined by a district wide survey. This year we have sponsored 5 talks on such subjects as stress, high blood pressure, etc. One school continues with their own version

of the Biggest Loser contest for staff to lose weight in a healthy manner. Currently they have 27 staff members who have lost over 210 pounds to date. Two other schools are working with the local Health Department and their Scale Down program to achieve similar goals. Nurses provide free information about diet and exercise in collaboration with our P.E. teachers and offer free blood pressure screenings. Staff members from all schools participated in the local Walk Across Williamson to encourage students and families to get fun exercise as a family. All schools have walking trails for community use which staff members are encouraged to use

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model training for all counselors, health education and physical education teachers, Health Fair, and CPR courses for students and staff;
- Physical Education/Physical Activity Interventions – all students in all schools meet or exceed the minutes required for physical education and physical activity every week. Every school has a Walking Club. Two schools send students to the Music City Marathon and Moore Miles Walking/running activity for which they begin training 3 months prior to the event. When requested and money is available, specific physical education equipment needs of individual children have been purchased;
- Nutrition Interventions – no outside food, no unhealthy fundraisers, Climb to the Peak event promoting 5 fresh fruits and vegetables each day, notations in school cafeteria of 'healthiest choice' for lunch, a backpack program for students who need meals over the weekend, surveys to parents/staff and students about requests for healthy choices in the cafeteria;
- Mental Health/Behavioral Health Interventions – district team has MOUs with local mental health providers for post intervention assistance in a crisis situation and for a psychologist to work 3 days a week in our middle and intermediate schools, mental health 101 training was provided in every school by mental health team leader; Positive Behavior Support in local middle schools, bullying (Olweus) training for all counselors, and STARS program in intermediate and middle school.

In such a short time, CSH in the Franklin Special School District has made significant contributions to the well-being of our students and staff which, in turn have addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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